

GOLFO DULCE 8-DAY LODGE TO LODGE GOLFO SEA KAYAKING TRIP

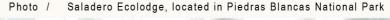
Costa Rica Nature and Adventure Experience

Join us for an 8-day escape, kayaking one of the few tropical fjords in the world, experiencing the most abundant exotic flora & fauna in Costa Rica.

Paddle the calm, warm waters of the Golfo Dulce <Sweet Gulf> in a single or double enclosed, sturdy kayak, surrounded by the tropical backdrop of Rainforests and Jungle Mountains.

Discover our untouched nature, hosting an exceptional range of animal species, including scarlet macaws, monkeys, sloths, dolphins, turtles, and humpback whales.

Experience the best of super-natural Costa Rica on this fully-guided, tropical adventure, and taste the genuine flavors of the Costa Rican cuisine; all while staying at beautiful and comfortable, waterfront eco-lodges.





Sunset paddling to El Chontal Ecolodge, tucked away in a secluded corner of the Tropical Lowland Rain Forest





TRIP INFORMATION PACKAGE

This document covers a detailed day- to-day itinerary, trip details, and booking information (for actual pricing and dates, please visit our website seakayakingcostarica.com). We'll be delighted to answer any of your questions, and to receive your inquiry.

Join Sea Kayaking Costa Rica now, and discover the natural beauty of Costa Rica's Golfo Dulce.

AT A GLANCE

TYPE All-inclusive | Fully guided | Sea kayaking | Hotel & Ecolodge based

LENGTH 8 days, 7 Nights

GROUP SIZE Min. 2 guests | Max. 16 guests (contact us for larger, private groups)

ACTIVITY LEVEL Easy-Intermediate (& optional mild hiking)

HIGHLIGHTS Off-the-beaten-path destination (no mass tourism);

The only kayak accessible tropical fjord in the world;

Waterfront ecolodges at stunning locations;

Authentic Costa Rican cuisine, using local & organic ingredients;

Hiking Piedras Blancas National Park; Paddling Mangrove River Estuaries; Rainforest & wildlife experience;

Snorkeling coral heads with tropical fish; Organic chocolate farm experience.

DESTINATIONS Central Valley (2 nights at Country Inn & Suites);

Rincon de Osa (2 nights at El Chontal Ecolodge);

Playa Blanca (1 night at Lapamar Lodge);

Piedras Blancas National Park (2 nights at Saladero Ecolodge).

INCLUDES 7 Nights accommodation (double/twin share);

3 Meals daily, as outlined in the itinerary;

Professional, highly skilled, English speaking tour & sea kayaking guides;

All ground transportation as outlined in the itinerary;

Domestic flight from Golfo Dulce (PJM) to San Jose (SJO);

Sit-in kayaks (single/double) incl. paddles, spray skirts, and lifejackets; Use of hiking trails of Piedras Blancas National Park (boots available); Use of Stand Up Paddle boards & snorkeling gear (mask, snorkel, fins);

Organic plantation visit & chocolate farm tour incl. tastings.

NOT INCLUDED International flights and airport taxes, alcoholic beverages, single

supplement, travel insurance, gratuity.

ITINERARY

OVERVIEW

B: Breakfast | L: Lunch | D: Dinner

DAY 1 Airport transfer in
Overnight@ Country Inn & Suites Hotel

DAY 2 Transfer to Golfo Dulce
Trip briefing & gear fitting
Introduction paddling session
Overnight@ El Chontal Ecolodge BLD

DAY 3 Coastal paddling to Playa Blanca River paddling tour / rainforest hiking Overnight@ Lapamar Lodge BLD

DAY 4 Crossing Gulf by kayak
Snorkeling, jungle hiking, R&R
Overnight@ Saladero Ecolodge BLD

DAY 5 Mangrove river paddling Snorkeling, rainforest hiking, R&R Overnight@ Saladero Ecolodge BLD

DAY 6 Open water paddling to Mogos Islands Coastal paddling to Rincon Bay Organic Farm & Chocolate Tour Overnight@ El Chontal Ecolodge BLD

DAY 7 Transfer to Puerto Jimenez
Scenic flight to San Jose
San Jose city tour (optional)
Overnight@ Country Inn & Suites Hotel B

DAY 8 Transfer out to SJO Airport. Trip concludes B

This 8-day trip takes you exploring the north, most protected region of the Golfo Dulce. Starting at El Chontal, we make our way to Lapamar, then crossing the Gulf to Saladero, eventually closing the loop passing the Mogos Islands, back to El Chontal.







DAY-TO-DAY ITINERARY

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Day 1 TRIP START | SAN JOSE

Today has been designated as your arrival day! A Sea Kayaking Costa Rica Representative will greet you at the International Airport of San Jose (SJO) and take you to a very conveniently located hotel, only a 10-minute drive from the airport.

Here ypu'll have the chance to relax and unwind from your International travels.

Overnight stay at Country inn & Suites Hotel No meals included todat

Day 2 TRANSFER TO GOLFO DULCE & PADDLING INTRODUCTION

The day begins with a typical Costa Rican breakfast including tropical fruits, and locally grown coffee. Then, a beautiful drive from the Central Valley highlands down to, and along the Pacific coastline using the country's best and newest road, takes us by white sand beaches, rainforests, and traditional farms.

After a morning of travel, we will reach El Chontal Ecolodge, in time for lunch. Peacefully located right on the banks of the Golfo Dulce.

Your guide will welcome you to the start of your Sea Kayaking Costa Rica trip! You'll have time to settle down into your cozy wooden jungle cabin, and wander around the lodge's gardens before we'll invite you to the local family's house for a delicious home-made lunch, carefully prepared on location using the freshest ingredients grown from their own gardens.

After lunch we'll meet for the trip briefing, and kayak & gear fitting where after we'll head out to the water for our first Golfo Dulce coastal and Mangrove forest paddling experience.

The Rancho, centrally located on the lodge's property is the perfect pre-, and post dinner hang out spot for R&R, drinks, hammock surfing, and socializing.

Dinner's served after sunset, yet again at the lodge's family's house.

Overnight stay at El Chontal Ecolodge in Rincon de Osa Meals included today: Breakfast, Lunch & Dinner



Photo / The Rancho at El Chontal Ecolodge, quietly blending in with its natural surroundings.

Photo / Mangrove Estuary surrounded by Tropical Lowland Rain Forest



Day 3 RINCON TO PLAYA BLANCA COASTAL & MANGROVE PADDLING WILDLIFE SPOTTING | R&R

This morning after wonderful breakfast in the midst of the Forest Reserve, we'll pack up for our 4-day circumnavigation of the northern, and wildest region of the Golfo Dulce.

Today, for the first stretch, we'll paddle out of Rincon Bay, hugging the coast of the Osa Peninsula until we reach our next destination: Playa Blanca.

This is a 11Km (7mi) journey passing the Mangroves filled Rincon River Estuary, and taking breaks at deserted beaches along the way. This day we got good chances of spotting the green sea turtles, the olive ridley sea turtles, as well as the pantropic spotted dolphins, and the bottlenose dolphins.

Eventually we will reach Playa Blanca (White Beach), famous for its vast colonies of scarlet macaws living right on the beach.

Here we'll stay at a classic family owned property, offering spacious wooden cabins with private bathroom. We'll be enjoying our meals at the centrally located open air rancho, starting with freshly prepared lunch.

Depending on the tides, in the afternoon we'll paddle out again, this time to a nearby 'cute little river' as we like to call it. Only known to the locals, this hidden treasure boosts an array of wildlife including coaties, white-faced monkeys, squirrel monkeys, sloths, and an incredible variety of tropical birds.

The remainder of the afternoon is at leisure. A siesta, hammock time, ice cream munching, bird spotting, swimming, jungle hiking, and more kayaking are among many of the options.

Dinner prepared with fresh, and local ingredients is served right after sunset.

Overnight stay at Lapamar Lodge in Playa Blanca Meals included today: Breakfast, Lunch & Dinner



Photo / Mother sloth with baby watching us paddling by gently







down our cute little river.

We're in for an early start to cover the 14 km long stretch to Saladero Ecolodge with good opportunities to spot dolphins! Reason we leave early is to take advantage of the calmest conditions, both weather and water wise. Above all, paddling the Gulf at sunrise is simply magical!

Once on the other side of the Gulf, we'll take a welcoming break at a spectacular beach for relaxing, wildlife spotting, swimming, and snorkeling. From here it's only a 15-minute paddle to our next destination: Saladero Ecolodge.

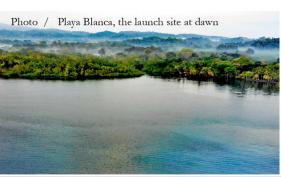
served where after we'll take the afternoon off to relax at this beautiful place, or an optional nature hike on the trails leading into the primary rainforest.

At 5 o'clock some light appetizers are offered in the lounge area where you can order your drink of choice.

After settling in, a delicious, home-made lunch is

Dinner's served after we've witnessed a colorful sunset looking over the Gulf we crossed today!

Overnight stay at Saladero Ecolodge in Piedras Blancas National Park Meals included today: Breakfast, Lunch & Dinner











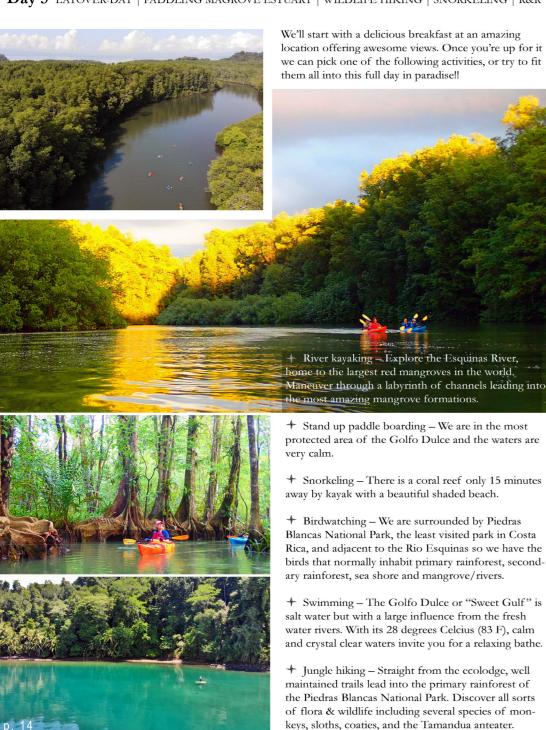
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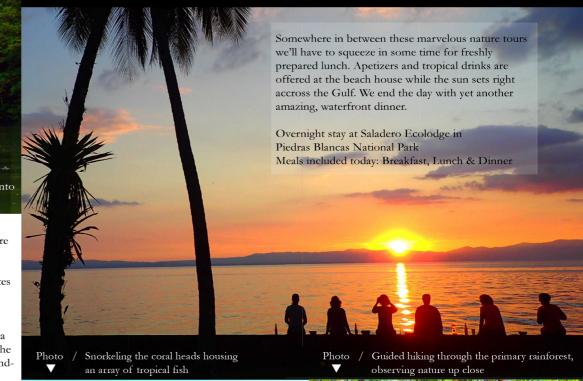
"Glamping": Your very comfortable glamping cabins await you for a well-deserved night rest. Glamping (which stands for glamorous camping) is really the best way to experience the Golfo Dulce jungle by night.

Huge sturdy tents on elevated platforms, real beds and comfortable mattresses allow you to enjoy the sounds of the nocturnal animals at night, and wake up to the songs of the tropical birds, and spectacular views of the Gulf!

Day 5 LAYOVER-DAY | PADDLING MAGROVE ESTUARY | WILDLIFE HIKING | SNORKELING | R&R











You'll be back at the lodge in time for some R&R, cold drinks, and reminiscing about the past week paddling the Golfo Dulce.

One last dinner on the Gulf, and a tropical evening to enjoy before leaving this magical place called Golfo Dulce!

Overnight stay at El Chontal Ecolodge Meals included today: Breakfast, Lunch & Dinner



Photo / Paddles up for having circumnavigated the Gu



Sometime in the afternoon we'll have a special treat, literally. We will be visiting a local working organic farm where we will learn about their sustainable agriculture and conservation initiatives.

The visit however will focus on the farm's organic cocoa crop, where we will learn about the stages of the traditional production of delicious high percentage chocolate. Best part of the tour is tasting the organic fruit & chocolate fondue!



Photo. / Hugging the tropical coastline to El Chontal Ecologie closing the loop after 5 days of paddlin

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Photo / Amazing views of the Golfo Dulce while flying to the Central Valley. This is the north side of the Gulf, showing the Mogos Isles (center of photo), and the mouth of the Esquinas River (right side of photo).



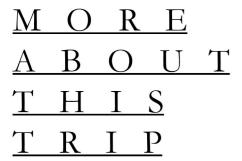
Day 8 END OF TRIP

All good things must come to an end. You've experienced an amazing natural adventure, paddling the unique Tropical Fjord of the Golfo Dulce, Costa Rica's off-the-beaten path destination in the south Pacific!

Enjoy your last Costa Rican breakfast of this trip, and perhaps some downtime at the pool. You're welcome to use the complimentary airport shuttle service for your flight out.

Meals included today: Breakfast





PRICING, RESERVATIONS & PAYMENTS

For the current trip price, please contact us, or visit seakayakingcostarica.com

For bookings, contact our office to ensure availability. We require a deposit at the time of booking, payable by credit card, PayPal, or bank wire transfer for which we will provide our bank details on request. A 5% discount applies when paid by bank transfer.

Deposits are USS500 per person, and charged in US dollars. Your balance of payment is due 30 days prior to trip commencement date, for which we will send you a reminder before due date.

On receipt of your deposit, your reservation will be secured, whereafter e will send you the booking you may simply proceed to check-in under your name confirmation, suggested packing list, and release & survey form to be submitted online.

TRIP START MEETING & PLACE

This trips in San José, with a transfer-in from San Jose international Airport (SJO). Meeting time depends on your travel schedule and will be confirmed once we receive your flight details.

Transfer in: This itinerary includes transportation service from Juan Santamaria international Airport (SJO) to the hotel stated the itinerary on Day 1.

A company driver/representative will meet you at the airport and provide transportation. This service is not transferable to any other hotels/locations in San Jose. If you will be arriving prior to itinerary Day 1, and have arranged additional night(s) stay at the same hotel stated in your Sea Kayaking Costa Rica Itinerary, we will be happy to shift the transportation service for your arrival day.

In case you have arranged for your own transportation to the hotel,. Hotel check time is usually 3 pm, but your room(s= might be ready prior to that

TRIP END

This trip ends with a transfer out on Day 8, from the hotel to the International Airport of San Jose(SJO) in time to catch your departing flight. If you require our help with additional hotel/tour/transfer reservations, please contact us.



PADDLING EXPERIENCE

Although this trip is rated for beginner to intermediate level paddlers, we do have to recognize that weather, and water conditions might influence the trip itinerary and adjustments might be made accordingly.

The fitter you are, the more you will be enjoying the trip. If you consider yourself being in shape, you'll be totally fine with the paddling and hiking we do on this trip. If you're concerned about your level of fitness, we strongly recommend exercising prior to the trip in order to improve your strength and stamina (e.g. paddling, walking, cycling, swimming, jogging).

a sit-inside kayak, you should be fine in one of our single kayaks, which are stable easy to paddle and control.

In case you do not have previous paddlin experience but would like to join this trip we strongly recommend you paddle one of our tandem kayaks. This way you partner up with a buddy (perhaps our guide) in a more sturdy, stable kayak. All participants should feel confident in swimming. Please contact us if you wish to discuss your experience for this trip.

At trip start, your guide will brief you on sea kayaking techniques, and kayak practice allowing ample time to familiarize yourself with your kayak. We will be paddling an average of 3-5 hours per day, depending on weather and group conditions. It's important to understand the slowest member in the group determines the group's pace.

Apart from kayaking, we have hiking tour scheduled which are optional to attend. Nothing strenuous, however, you should be comfortable walking at slow pace, on well-maintained trails, with at times uneven terrain.

TRIP LOGISTICS

We usually start paddling right after breakfast, and therefore suggest preparing for the day's paddle before breakfast by selecting your personal items, filling your water bottles, packing your dry-bags, etc. This way we can start organizing getting out on the water in a timely fashion.

Excess luggage you will not be needing during the paddling days can be safely stored at the hotel where you will be staying on Day 1. This luggage can be retrieved after the paddling days on returning to the hotel on Day 7.

A second location you may store your excess luggage is at El Chontal Ecolodge where you will be staying on Day 2. This luggage can be retrieved after the paddling days on returning to that lodge on Day 6.

On Day 3 we will be leaving El Chontal Ecolodge, paddling to Lapamar Lodge, continuing to Saladero Ecolodge on Day 4, and coming back to El Chontal Ecolodge on Day 6. During these days we will be carrying our selected luggage in dry bags, stored in the hatches of our kayaks.

Throughout a day's paddling, we will be stopping at remote beaches for bathroom breaks, swimming, and R&R. This will be improvised as we go, depending on timing, location, and the group's overall interest, and desires.

For our walks and mild hikes, we recommend carrying a light day pack for your personal items. No need for heavy trekking shoes as tennis shoes, or light hiking shoes will do.

Photo / Paddling a tandem on glass-like water.





POSSIBLE ALTERATIONS

The above itinerary should be taken as an approximate guide only. We are on an adventure where weather and water conditions, and other factors may cause alterations, and delays to our itinerary. Our program may change to take advantage of opportunities as they arise, to suit local conditions and the group's overall preferences. During the trip, if conditions dictate a change in schedule/itinerary, your guide will keep you informed on suitable alternatives. Accommodations stated in this itinerary are subject to availability until confirmed on booking.

ACCOMMODATION

Our team has carefully selected the three best ecolodges on the Golfo Dulce that fit to our travel purposes seamlessly. These family-owned lodges all have direct access to the water, and are surrounded by pure nature & wildlife. Located off-the-beat-en-path, they cater to only small groups (no mass tourism, and only dedicated guests seeking nature & ecodestinations).

This trip is based on double/twin rooms with private bathroom at all locations (with the exception of Saladero Ecolodge). Single rooms may be requested for an additional charge (subject to availability).

GASTRONOMY (MEALS)

We take pride in serving only the best food on this trip. At each of our ecolodges we serve three mouthwatering meals daily, accompanied by natural, home-made juices. Meals are prepared using only the freshest, local, and organic ingredients, often grown right in the lodges' gardens. A fair share of tropical fruit such as bananas, pineapple, papaya, mango, and watermelon will be part of our trip's meals.

Most meals are included in the trip costs, starting with breakfast on Day 2, followed by 3 meals daily, ending with breakfast on day 8 (except lunch and dinner on day 7).

In addition to meals, tea and coffee are included at breakfast, and natural fruit juices are included at breakfast, lunch, and dinner.

As we do our best to cater for vegetarians and other special dietary requirements, we'll ask you prior to the trip about any food restrictions/allergies.

CLIMATE

The Golfo Dulce is considered a tropical fjord with an average annual temperature of 26.6°C/80°F, an extremely rare biome. The water temperatures averages 29 °C/82 °F, so swimming and snorkel can be enjoyed without the need for wetsuits.

We run trips all year except June, September, and October, avoiding the heaviest rain fall months. Official dry season runs from December through April, offering sunny days, with hardly any rain. June, August, September, October, and November are part of the green season, meaning more chances of showers, thus nature thriving (hence the name 'green' season). On an average day in green season, the Golfo Dulce is blessed with calm, and dry mornings, and rainfall to be expected in the afternoon. Since we do most of our paddling in the mornings, we'll be perfectly in-sync with the weather predictions. In case it does rain while out on the water, we simply enjoy the warm showers while paddling along the jungle, and into the mystical mangroves.

TRIP GUIDES

All sea kayaking guides are highly experienced, bi-lingual, and well trained (Wilderness First Responder, CPR, Water rescue, and more). Your guide(s) will accompany you throughout the trip starting from day 2 through day 7. For any questions, issues, or help during the trip, feel free to ask your head guide.

MONEY ON TRIP

Although the trip cost includes the majority of expenses, we do recommend you bring/expect to spend money for some items not included (e.g. alcoholic beverages, lunch/dinner on day 1 and day

applicable, souvenirs).

The US dollar is the unofficial currency of tourism in Costa Rica therefore hotels, rental cars, tours, add merchandise at any souvenir shop will be priced in US dollars, and certainly, all restaurants, bars, and shops will gladly receive them.

if you do wish to carry some local currency (the Colon is the currency of Costa Rica - named after Christopher Columbus or Cristobal Colón Spanish), we recommend exchanging no more than US\$100. ATMs accept most debit and credit cards and are available at the airport, and all over the Central Valley. None of the Ecologes will be staying during this trip accept credit card payments on location (only cash).

GUEST CANCELLATIONS & REFUNDS

If you find it necessary 2 cancel your trip, please notify us as soon as possible. The cancellation fee, if applicable, can range from \$50/person up to the entire trip cost, based upon the number of days before your trip that we received your cancellation notice (by email). We regret we cannot make exceptions for personal emergencies. For this reason, we strongly urge you to look into and acquire trip insurance.

CANCELLATION FEES

Unless stated otherwise in your Trip Itinerary, the following cancellation policy shall apply: Days Before Vacation Commencement Date Fee Amount 31 days or more Deposit per Guest 29-15 days 50% of the vacation package price per Guest 14 days or less 100% of the vacation package price per Guest

As long as Covid related restrictions are in place, (which we choose to project through May 2022, and therefore this temporary policy applies for trips ending by/or before May 21, 2022) we apply the following highly flexible cancellation/refund policy:

- In case of a cancellation of the trip requested 2 weeks or more before your official start date, Sea Kayaking Costa Rica will refund the entire amount minus a 5% refund fee.
 We only accept cancellations in writing, by email.
- In the event of a cancellation of the trip requested less than 2 weeks before your official trip start date, Sea Kayaking Costa Rica will refund the entire amount minus the down payment.
- No refund on cancellations within 48 hours of trip start.

MEDICAL

Under most circumstances, if you are of an adventurous spirit and reasonably good health, you should have no problem enjoying this trip. people with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

On our trips, we carry a comprehensive medical kit. It is your responsibility, however, to bring enough of any specific medications you might require. In addition, we suggest you bring hi factor sunblock, lip protectants, band-aid strips, insect repellent, motion sickness meds (if vulnerable to car/seasickness).

INSURANCE

We advise you purchase emergency medical evacuation insurance when participating in this expedition. We also strongly recommend that you protect yourself, your belongings, on your vacation through the purchase of a travel insurance plan.

A travel insurance plan that covers non-refundable payments in most cases, Should you have to cancel your trip due to illness, injury, or pregnancy of yourself or a family member, Even at the last minute. check that the plan you choose includes the required emergency medical evacuation coverage mentioned above evacuations can be prolonged difficult and expensive. personal belongings and cameras are carried entirely at the owner,s risk. Sea Kayaking Costa Rica accepts no responsibility for lost, damaged, delayed, or stolen property.

CONTACT US NOW

Please don't hesitate to contact us for inquiries and reservations. We'd love to have you join us on this great adventure.

FOR INQUIRIES / RESERVATIONS

E-mail: contact@seakayakingcostarica.com

Website: seakayakingcostarica.com